

Always Changing & Growing Up

Physical Activity
Each Day, Every Day

Action Plan

What Am I Going To Do:

How Long Will It Take (For Scheduling Purposes):

Where Am I Going To Do It:

What Time Of The Day Am I Going To Do It:

Who Am I Going To Do It With:

Reflections:

I Chose This Activity(ies) Because:

BROUGHT
TO YOU BY



EDUCATIONALLY
ENDORSED &
PROMOTED BY



Always Changing & Growing Up

Personal Physical Activity Contract

Action Plan

Personal Activity Goal(s):

To Achieve This (These) Goal(s), I Will:

Possible Barriers:

Ideas To Overcome Barriers:

I Want To Accomplish This (These) Goal(s) By: _____

It Is My Intention To Achieve These Goals

Signed

Witness

Date

Need ideas? Check out Canada's Physical Activity Guide online at www.phac-aspc.gc.ca

BROUGHT
TO YOU BY



EDUCATIONALLY
ENDORSED &
PROMOTED BY



© 2020 P&G Always Changing Puberty Education Program

Always Changing & Growing Up

Personal Taking Charge Contract

Action Plan

Self-Image Goal(s):

1. _____
2. _____
3. _____
4. _____

I Want To Accomplish This (These) Goal(s) By:

- Date: _____
- Date: _____
- Date: _____
- Date: _____

To Achieve This (These) Goal(s), I Will: _____

Possible Barriers: _____

Ideas To Overcome Barriers: _____

It Is My Intention To Achieve These Goals

Signed

Witness

Date

BROUGHT
TO YOU BY



EDUCATIONALLY
ENDORSED &
PROMOTED BY



Always Changing & Growing Up

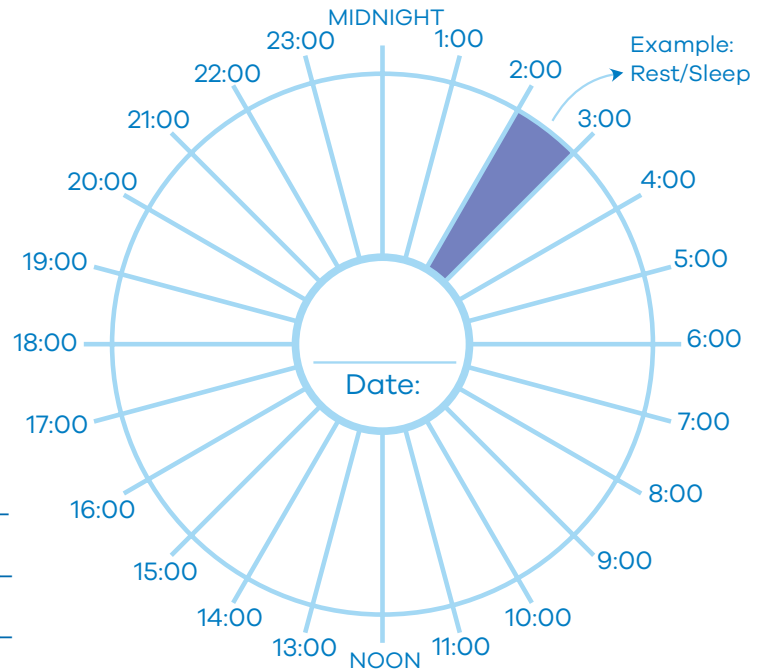
Taking Care Of Yourself

Good health habits can help you manage with the physical and emotional changes that accompany puberty. Your body is growing rapidly, and you may have increased needs for physical activity, sleep and nutrition.

On the 24-hour clock to the right, keep track of how you care for yourself. Use a different colour to show:

- Rest/Sleep
- Physical Activity
- Meals (specify)
- Snacks (specify)
- Other (specify)

Notes: _____



Personal Care Profile

I get _____ hours of sleep a night (on average).

I spend _____ hours a week being physically active (on average).

My favourite forms of activity are: _____

My healthier choice of food: _____

My less healthy choices of foods: _____

I can improve my health habits by: _____

• In small groups, research the nutritional, physical activity and rest needs of teenagers. Compare these findings with your own health habits. How do you rate? In what areas could you improve? Need ideas? Check out Canada's Physical Activity Guide and Healthy Eating Guide on-line.

• Prepare an information book called "Know Your Body." In it, you might include a diagram of the male and female reproductive systems, an explanation of the menstrual cycle, and a glossary of terms associated with the body and common medical conditions.

Always Changing & Growing Up

Background Information

The following review of the literature on physical activity and adolescent females will provide you with some important information.

The Need

- The percentage of overweight girls increased from 15% in 1981 to 29.2% in 1996. Source: Tremblay, Mark S. and J. Douglas Willms, 2000, Secular Trends in the Body Mass Index of Canadian Children. Canadian Medical Association Journal. Vol. 163, No. 11, 1429-1433
- A recent study by the Canadian Medical Association Journal showed that the average Canadian child is inactive for three to five hours a day in front of the TV alone. This does not include the five to seven hours most children spend sitting in school five days a week. Source: Canadian Medical Association, 2000
- 22% of youth who did not exercise or play sports outside of school watched four or more hours of television per day as opposed to 13% of youth who exercised or played sports seven or more hours per week. Source: Canadian Fitness & Lifestyle Research Institute, Canada's Children and Youth: A Physical Activity Profile, 1999
- Regular physical activity can reduce girls' risk of many of the chronic diseases of adulthood and regular physical activity can enhance girls' mental health, reducing symptoms of stress and depression and improving self-esteem. Additionally, female athletes do better academically and have lower school drop-out rates than their non-athletic counterparts. Source: President's Council on Physical Fitness and Sports (PCPFS), 1997. Physical activity and sport in the lives of girls. Pg. 5

The Benefits

- Physical activity reduces stress, strengthens the heart and lungs, increases energy levels, helps you maintain and achieve a healthy body weight, and it improves your outlook on life. Source: Health Canada, 2002
- The likelihood that children will never smoke is directly related to their participation in physical activity; more than 80% of Canadians between the ages of 10 and 24 who are active have never smoked. Also, girls who are physically active in sports are 92% less likely to use drugs and 80% less likely to have unwanted pregnancy. Source: The Canadian Fitness and Lifestyle Research Institute, 1999
- Being physically active on a regular basis can reduce the relative risk of contracting non-insulin dependent diabetes (type 2 diabetes) by 50%. Source: Journal of American Medical Association, 1992
- Inactivity leads to doubling the risk of developing heart disease as compared to those who exercise regularly. Approximately 36% of heart disease cases are a result of inactivity. If everyone became active, the incidence of heart disease would be cut by more than a third. Source: Peter Katzmarkzyk, York University School of Kinesiology and Health Science, 2000
- Children and teenagers who are physically active have lower levels of smoking and alcohol consumption than those who are inactive. Source: Campbell. Campbell's survey on well-being. In Fitness Directorate (Ed.) Active living and health benefits and opportunities, 1988

BROUGHT
TO YOU BY



EDUCATIONALLY
ENDORSED &
PROMOTED BY



© 2020 P&G Always Changing Puberty Education Program

Always Changing & Growing Up

Emotional Health Word Search

- acceptance
- adolescent
- awareness
- balance
- behaviour
- best friend
- body image
- challenge
- cyber bullying
- emotions
- goals
- healthy
- honesty
- individuality
- participate
- physical activity
- positive attitude
- reflect
- relationship
- responsibility
- self-esteem
- strategy
- support
- trust
- understanding

	A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
1	m	y	r	d	n	y	t	i	l	i	b	i	s	n	o	p	s	e	r	e	i	i	l	l	i	u
2	e	t	h	e	n	b	t	d	u	i	s	d	u	n	h	e	r	a	o	o	y	t	e	u	c	a
3	e	g	x	t	n	g	l	i	n	l	t	u	y	b	e	r	p	e	r	p	r	t	l	l	i	x
4	t	e	n	e	l	i	m	a	f	t	s	u	r	t	s	i	l	n	i	d	a	a	d	t	d	e
5	s	d	l	e	t	a	o	a	a	u	m	o	i	i	o	k	s	h	r	p	s	u	u	n	r	d
6	e	i	b	m	l	i	e	r	o	a	i	e	w	y	n	i	s	s	i	b	c	c	n	t	n	u
7	f	c	e	r	a	l	e	h	y	q	u	d	s	c	t	n	e	c	s	e	l	o	d	a	r	t
8	l	d	s	n	i	u	a	x	a	u	r	n	l	s	o	l	i	u	t	e	l	i	e	t	m	i
9	e	a	t	r	a	n	u	h	n	x	o	y	n	i	c	t	s	p	a	s	o	n	r	i	o	t
10	s	e	f	r	n	o	p	e	c	i	a	e	t	e	r	r	s	l	a	o	g	a	s	c	t	t
11	s	r	r	a	e	b	m	x	t	p	c	a	b	a	c	t	a	e	l	u	a	c	t	t	x	a
12	l	c	i	d	t	e	e	o	u	d	l	e	p	u	m	n	a	c	c	e	p	t	a	n	c	e
13	a	g	e	e	b	b	m	i	n	e	o	d	e	c	u	x	d	c	e	s	u	y	n	a	y	v
14	s	o	n	n	a	e	n	r	r	a	l	o	s	e	a	s	u	p	p	o	r	t	d	b	t	i
15	c	i	d	i	r	l	h	u	y	i	l	a	p	n	s	i	r	u	a	e	z	i	i	r	r	t
16	a	t	p	s	y	t	c	a	n	t	r	q	y	a	o	f	q	a	u	u	l	l	n	e	e	i
17	e	o	l	n	e	l	d	s	v	y	s	u	t	t	c	e	l	f	e	r	d	a	g	s	p	s
18	t	s	e	a	g	e	l	t	i	i	l	e	n	r	i	l	a	o	b	c	n	u	t	e	r	o
19	o	s	n	h	a	i	n	u	x	c	o	u	n	u	a	o	n	m	n	e	a	d	t	s	i	p
20	a	e	a	g	m	l	f	i	b	n	r	u	n	o	s	y	n	i	d	s	c	i	p	s	y	i
21	o	n	a	i	i	a	v	t	t	r	a	b	r	o	h	i	o	s	o	r	p	v	t	d	e	i
22	s	e	c	e	y	u	e	a	l	u	e	o	a	i	u	o	n	l	f	b	o	i	c	r	b	a
23	l	r	e	l	d	t	u	h	a	r	t	b	l	d	o	j	x	a	d	g	i	d	p	i	r	u
24	r	a	a	r	o	i	v	a	h	e	b	r	y	i	i	s	y	i	e	e	c	n	a	l	a	b
25	p	w	t	c	b	x	r	y	o	a	a	c	i	c	t	r	i	t	e	r	n	i	n	a	i	t
26	r	a	u	u	u	s	t	p	q	q	w	y	g	e	t	a	r	t	s	g	v	i	p	d	c	b
27	p	h	y	s	i	c	a	l	a	c	t	i	v	i	t	y	u	s	t	f	j	p	i	l	n	g

Always Changing & Growing Up

Physical Activity And You

The trick with physical activity is to pick something you find enjoyable. There are many options to choose from whether you like to be active on your own, with another person, or as part of a team. The younger you are when you start getting fit, the easier you'll find it to stay fit when you're older but remember, it's never too late to start getting active!

Plus, Physical Activity:

- Helps your muscles develop properly.
- Keeps your joints loose so they don't stiffen up and give you aches and pains.
- Makes you breathe more deeply, making your lungs work more efficiently.
- Strengthens your heart so that it pumps blood more efficiently
- Improves your reaction times and general coordination.
- Helps keep your body in shape.
- Releases chemicals into your bloodstream, helping you relax and feel good.

Activities

1. On your own, make a list of all the physical activity you did in the last week.

a. Do you think you are physically active enough? Yes No Why?

b. Are there any improvements you can make to your physical activity routine?

2. All doctors say that physical activity is important.

a. Why do you think some people don't participate in physical activity?

b. How would you persuade them to be more active?

3. Compare your answers with a classmate and discuss any differences.

BROUGHT
TO YOU BY



EDUCATIONALLY
ENDORSED &
PROMOTED BY



© 2020 P&G Always Changing Puberty Education Program

Always Changing & Growing Up

Feeling Great

Everyone develops at her own pace, physically and emotionally. But everyone faces similar problems and concerns as they become an adult. It's an exciting time, as you mature and become a more responsible person with your own likes and dislikes.

But it can be a confusing time too. While your friends are going through similar changes, your parents/guardian and family may struggle to keep up and understand how you're feeling.

The important thing to remember is that everyone's different. Everyone has their own thoughts, views and ambitions and, while it's important to listen to and try to understand the people around you, you should always make the choices that feel right for you.

No one expects to have a completely smooth transition from being a teenager to becoming an adult. It's a time of great change, but it's also a very exciting time when you can begin to develop a sense of who you are and what you want from life.

Activities

1. In the space provided, make a list of all the advantages of being an adult.

Advantages
of being an adult

2. Is becoming an adult exciting or worrying?

3. How can you make the most of the advantages?

BROUGHT
TO YOU BY



EDUCATIONALLY
ENDORSED &
PROMOTED BY



© 2020 P&G Always Changing Puberty Education Program

Always Changing & Growing Up

Feeling Great Continued

Activities

4. Read the quotations below:

- “Now that I am getting older, I feel as if I can take responsibility for my own life and actions. But I end up arguing with my parents — they treat me like I’m still a kid. It’s making me very frustrated — why can’t they understand I’ve grown up?”
- “My parents keep telling me I’m moody. It’s true — sometimes I feel really down and irritable, but then I feel happy and excited. When’s it all going to calm down?”
- “I’ve got a great group of friends. I can talk to them when I can’t talk to my parents. But sometimes they do things that I don’t feel comfortable with. I’ve got my own views and I don’t want to do something just because my friends tell me to. But I don’t want to be lonely either. My parents say I’ll make new friends, but I’m shy and find it hard to meet new people.”
- “I’m confused about who I am. Sometimes I feel very lonely, and I don’t know where I’m going or what I want. Everyone says it’ll settle down, but I’m not so sure. I wish I could talk to my friends about it, but they all seem so busy.”

a. Which of these issues are the most serious?

b. What advice would you give these people?

c. Are there other issues, not mentioned above, that worry you??

BROUGHT TO YOU BY



EDUCATIONALLY ENDORSED & PROMOTED BY



Always Changing & Growing Up

Food And Health

To feel good now and to prepare you for a healthy adult life, it's a good idea to make sure that your eating habits are healthy and that you get enough physical activity to stay fit.

Food For Life

Healthy eating means choosing a variety of foods to give you the vitamins and minerals you need, and enough calories to supply energy for all the activities you enjoy. French fries, candy and soda are fine every so often,

as long as you balance your eating with plenty of healthier food choices, including lots of fresh fruits and vegetables. A balanced, daily intake of food is important at every age, but it's particularly important when your body is growing and changing into its adult shape.

Your Eating Plan

Each type of food does a particular job in the body — that's why you need a good balance from all the food groups to meet your nutritional needs. How healthy is your way of eating?

Activities

1. List the foods that you eat over a five-day period (Monday to Friday), using the chart below.
2. Identify which of these foods provides you with: fat, carbohydrates, protein, vitamins, minerals and fibre. Ask your teacher for help if needed.

	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
BREAKFAST					
LUNCH					
DINNER					
SNACKS					

3. My daily eating is balanced/unbalanced because:

4. To make healthier food choices I could:

BROUGHT TO YOU BY



EDUCATIONALLY ENDORSED & PROMOTED BY



© 2020 P&G Always Changing Puberty Education Program